

# **Montana Traffic Education Association**

**Preconference Workshop  
Billings, April 21 and 22, 2012**

## ***Better Health through Walking and Bicycling***

**Purpose:** *To give children the skills necessary to become competent, predictable, and comfortable on the route to school.*

*To give parents the confidence to allow children to travel freely in their community.*

**How:** *A comprehensive education program:*

- *is research based*
- *provides developmentally appropriate activities*
- *touches every child, every year*
- *delivers information year after year in a progressive spiral*
- *evolves to meet the needs of the population it serves*
- *is sustainable*



When a school-based comprehensive curriculum is in place, and “resident teachers” have opportunity to work with the students year after year, a school wide dynamic shift to **independent travel** takes place.

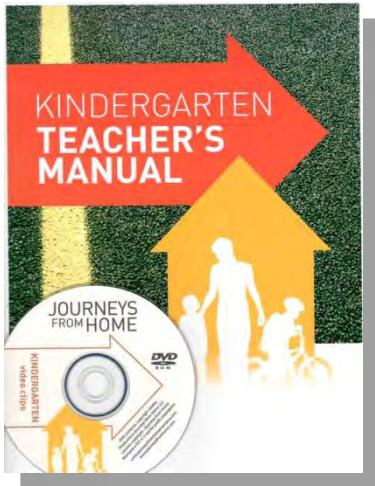
## **OVERVIEW**

The “K-5: *Journeys From Home, Walking and Bicycling*” education materials accentuate the positive, focus on perception, decision making and mastering skills. These materials support what children like to do best; explore new places and experience new things. Each developmentally appropriate skill activity is classified by grade level. Every grade level has its own teacher’s manual and series of video vignettes.

There are at least seven lessons provided for each grade level. Kindergarten through second grade lessons focus on pedestrian education; third through fifth grade lessons focus on bicycle education.

Specific learner outcomes are established; the teaching objectives can be measured and met.

## HIGHLIGHTS



These materials are unique in their approach to teaching traffic education.

Specifically:

- is research based and uses established countermeasures
  - focuses on attainable behavior changes that can reduce children's risk
  - contains lessons that are developmentally appropriate and grow with the children
  - presents positive images that focus on decision making and predictable, responsible actions
- offers repetitive practice under close supervision
  - takes children outside, on foot, on bike, on the playground and in the neighborhood street
  - is taught in schools by trained, certified teachers who know the children and their developmental abilities
  - is integrated into the Health Enhancement school district curriculum, rather than depending on grants and funding each year
  - is fun for both children and teachers



**[Register for this workshop @ www.cspd.net](http://www.cspd.net)**  
**[Begin On Line sessions @ journeysfromhomemontana.com/moodle/](http://journeysfromhomemontana.com/moodle/)**

**Eight hours of on-line work are required in addition to the 12 hour on-site training**  
**20 CEU or OPI renewal units are available**

**1 College Credit (Graduate or Undergraduate) is available (\$150 to MSU-Northern)**

**Workshop Fee is covered by**  
**“Montana Safe Routes to School”**  
**Funded through the Montana Department of Transportation**

- ♦ **Participants do not need extensive bicycle riding experience**
- ♦ **Participants are asked to bring tennis shoes, a bicycle and helmet**
  - ♦ **Please bring your own water bottle**
- ♦ **Participants qualify to receive all curriculum materials**

Contact: Roger and Sharon DiBrito  
Journeys From Home Montana  
4765 Carolin Lane  
Florence, Montana 59833  
Phone: 406-273-6458  
[roger.dibrito@gmail.com](mailto:roger.dibrito@gmail.com)

